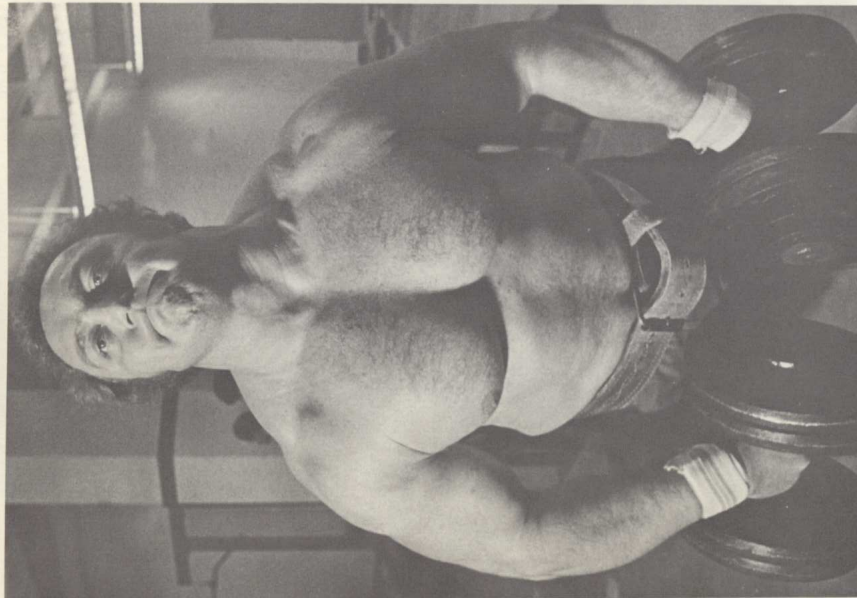


ON THE COVER....Bill Kazmaier after a record weight toss at the Highland Games, complete with kilts, tank top, traditional stockings, and track shoes photo courtesy Fitton



Heavy dumbbell work is a key in the Kaz training program. photo courtesy Fitton

pects of Mayan and Inca culture...plus succumbing to Carlos Castaneda-type mystique that was prevalent at that time, took a little sojourn down to Central America...a four month sojourn that is...during which his bodyweight went from a solid 245 to a lean 210...when he returned to California, he wanted to see how much strength he had lost. At 210, following 10 months of no training whatsoever, he cracked out 315 for 5 sets of 5 on the bench. Then he knew. Powerlifting was the thing for him, and went at it full bore from then on.

Bill's philosophy in lifting can be summed up in three words...Conceive, Believe, Achieve...in other words, do some heavy thinking about what it is that you want to do in the sport, make yourself believe it, then go out and achieve it...he has another set of words to live by, which he doesn't take too seriously...something like "Stay heavy and lift high". Bill's routine is the tool with which he implements his straight-forward philosophy...a typical 6 day mini-cycle of workouts would go like so...SUNDAY...heavy Deadlifts, light Squats, Galf work and leg curls...MONDAY...5 sets of 5 light benches...after which he will include some pause benches, narrow grips, and front delt raises...TUESDAY...upper back and triceps work...including shrugs, triceps extensions, and seated hammer curls (palms vertical)...WEDNESDAY...heavy squats and roundback Deadlifts in the rack...THURSDAY...heavy benches, including some brought down high on the chest and narrow grips...plus front delt raises again. FRIDAY...more upper back work...mainly shrugs...a day of rest can be thrown in here anywhere, depending on how he feels...then you start all over again with the heavy deadlifts.

Bill's pre-contest preparation takes about 12 weeks normally...8 weeks to get in good condition and the final 4 to really blitz the weights for major strength increases. In the initial 8 week program, he concentrates on reps, namely sets of 5s...usually he'll get up to 650 for 5 in the squat, and 700x5 in the deadlift during this stage.

KAZ

Bill Kazmaier, in his short career, is living the dream that many of us hold dear...rising to the top quickly, handling awesome weights with ridiculous ease along the way, fashioning a physique unmatched in the annals of weightlifting, forging history with each new strength stunt he diverts himself with, a media "item" like no other...yet, his beginnings were somewhat misguided, a haphazardness that all men experience...it's called "finding one's self". Before highlighting the Kaz of now, let's go back to his roots, and see what we can find.

At Burlington High, in Wisconsin's Southern Lakes conference, Kaz was Big Man On Campus...as a fullback, he was typically bigger, faster, and stronger than any member of the opposing team, and winning was easy...too easy...when he accepted a football scholarship to the University of Wisconsin, his earlier lack of emphasis on football fundamentals, kept him out of his accustomed place...the starting line-up...this began to work on his mind, and he began missing practices here and there. After participating in 1973 and 1974, he only played summer ball in 1975 before dropping out of the sport...from then on the search for the real Kaz, a near-skip joint...he went from oil rig roughneck to bouncer at a strip joint...back to the oil rig, from there to logging in Alaska, to a shipyard in Morgan City, Louisiana...thence to a feed mill job in Willard, Wisconsin...following that he worked loading 100 lb. sacks of salt at a water softener company...now, of course, he's Strength Coach at Auburn...and calls that the "hardest job of all"... (come on, Bill). Before his latest position, an episode occurred that was very influential in determining his commitment to powerlifting.

Bill revs up for a WR Bench at Dayton. Lambert photo



Bar get out of the groove. In the deadlift, Bill is working conscientiously on a minor grip problem...using a heavy dumbbell, allowing the bell to lower as far as possible, until it is supported only by his finger tips, and then curling it up into his palm. The grip problem is aggravated by Bill's style in the deadlift, wherein he attempts to maneuver under the bar near the top of the lift by pulling his shoulders back and driving his hips through, which puts a lot of extra pressure on his hands, and...in the past, he has had to let the bar down...or it would fall down. A change in stance has been incorporated to help alleviate this problem as well. Bill's deadlift program is slightly different from the other two lifts in that he does no sets of tens and he brings on the triples as early as 7 weeks before the contest, instead of waiting for the final four weeks. Bill's round back deadlifts in the racks are a very specific assistance exercise...the rounding of the back is highly exaggerated, so he can handle only 650 or so in this movement, which is designed to assist in locking the 850-900+ lb. is capable of pulling all the way out. Other assistance exercises include shrugs...which are done in 4 sets of 20 with around 500 lbs...with the final set being a little lighter and extremely strict...he also does 4 exercises for the lats...widegrip pull-downs to the chest, seated cable pulls, narrow grip cable pull-downs and bent rows with heavy dumbbells...all of which are done for 3 sets of 8-10 reps. Another big aid to Bill's progress has been the work of Glenn Hamner, D.C. who found that one of Bill's legs was shorter than the other by 1"...now he receives regular chiropractic treatments while lying down with wedges strategically positioned on the examination table...the relieve pressures and promote healing. Bill has no shortage of aches and pains...lots of wrist and elbow problems have plagued him, now a slight delt prob-

In the final 4 weeks, bigger weight jumps are forced on to the bar each week, up to 30 lbs. more...and doubles and triples are utilized. Post workouts take on the order of 1 1/2 hours, actual training time. By the final workouts of a cycle, Bill has been up his high as 805x5 in the squat and 900x4 in the deadlift, with 545x5 being his current rep/max in the bench press.

In the squat, Bill concentrates on keeping his knees over the ankles as much as possible, to keep in optimum driving position for the lift. Skill, with his height and structure, it is easy for the weight to get forward on him...after which there is no chance for recovery. This is exactly what happened with his 903 attempt at the World's...lately his squat has been going well, and...if the record doesn't go up too much further before the Seniors, he feels he may be capable of breaking it himself...if he can stop that "tinge" effect at the ankle...therefore, it's the one lift he can tell you most about. On the descent of the bar to the chest, Kaz emphasizes control...tucking the elbows in...minute adjustments to the shoulder girdle to make sure that the bar is in exactly the correct starting position. I saw films taken Kaz benching 605 for a double before the World's and in slow motion his unique style is readily apparent...the bar comes down very slow, and goes up very, very fast...in fact, investigations at the National Strength Research Center at Auburn University reveal that Bill brings the bar down with a maximum acceleration of no more than 103% of the actual weight of the bar, while most weight trainees lower the bar with an acceleration of 130-140% of actual weight. Kaz's whole lift is the start, there is awesome acceleration of the bar from the chest to about halfway up...from there the bar just rises on the initial blast. In fact, so striking is Bill's form on this lift, that it actually appeared more normal on film when shown in reverse...where, like most lifters, the bar came quickly to the chest and took a long time to be locked out. Bill's control on the descent and enormous explosive power on the ascent are the keys to his success on this lift. Bill's lockout is not a strong point, which explains why his 633 attempt in Dayton did not go. He had not been able to incorporate much triceps work into his program for that meet, and didn't feel...as it was, the 633 blasted up about 3/4s of the way, and drifted back into the racks. One thing he will commonly do on a heavy set of fives in the sq...is to pause the last rep of the set...additionally, he likes to vary the location where the bar touches the chest on his rep sets...from low on the chest...to the normal development and a wider range of strength should the

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 • **LABELING** - Stickers, tags, and tags.
 • **FINISHING** - Blanking, slitting, and cutting.
 • **CONVERSION** - Converting raw materials into finished products.
 • **QUALITY CONTROL** - Inspection and testing equipment.
 • **SALES & SERVICE** - Sales, training, and maintenance services.

MARKING EQUIPMENT
 • **Die-stamped** - High-speed, high-volume production.
 • **Embossed** - High-quality, long-lasting marks.
 • **Engraved** - Precise, permanent marks.
 • **Laser** - High-precision, high-speed marking.
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